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City of Somerville

July 2021

# Council on Aging News

Dear Friends,

Recently, Mayor Curtatone, announced the reopening of City buildings to the public on July 12<sup>th</sup>! We are thrilled to welcome you back and are working hard to ready the centers for your return, while first and foremost keeping the safety of all of our participants in mind. For these reasons, July 12<sup>th</sup> will mark the start of our gradual reopening. As we transition, we will slowly reintroduce in-person activities while continuing to offer virtual options. For instance, you can now schedule an appointment with a social worker in-person in doors, outdoors, via Zoom or by phone. We will also be offering a nutrition workshop in person and groups virtually and our exercise programming will continue virtually and in-person outdoors.

You'll notice that pre-registration is required for all activities and during our transition there will be participation maximums. We also ask that you come no earlier than 15 minutes prior to the start time and to leave the building after the conclusion of the activity; masks are required while inside the centers. We appreciate your patience as we do our best to get back to a new normal as quickly and safely as possible.

We are very excited to welcome you back!

*~Ashley*



## ***Social Work Corner with Natasha Naim***



### ***Activate Happiness!: Finding Ways to Make Yourself Happier***

If we could choose between feeling sad or feeling happy, feeling happy would always win out. Happiness is a feeling we strive to obtain, yet, happiness can be hard to come by. As we have stuck to a routine that has kept us doing the same thing over and over again, we may overlook the simple pleasures and joys right in front of us.

You know what they say, laughter is the best medicine. When you laugh, a brain chemical called endorphins are released. Endorphins help with pain management and help with managing stress. If you are having a hard time finding something to laugh about, consider watching a funny movie or reading a joke. Here's a joke: why couldn't the pony sing a lullaby? Because it was a little horse. Connect with friends and loved ones and ask for their funny stories and jokes. You'll be surprised what they will come up with.

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### ***SNAP Benefits: Check your Eligibility***



SNAP or Food Stamps is a benefit for people to purchase food at grocery stores, farmer's markets and other retail locations. Qualifying for SNAP also creates eligibility for additional resources such as becoming eligible for a SafeLink phone.

Many people who are eligible for SNAP don't receive the benefits; make sure you aren't falling into the gap! If you make \$1,383 a month or less or if you and your partner together make less than \$1,868 you could be eligible for food stamps.

***If you would like to apply, please call Natasha  
at 617-625-6600 ext. 2317.***

**For additional information, or to RSVP to the following programs, please call Natasha at 617-625-6600 ext. 2317 or e-mail her at [nnaim@somervillema.gov](mailto:nnaim@somervillema.gov)**

### ***Mental Health Awareness***

***Tuesday, July 20th from 11:30 am-12:30 pm in person  
at the Holland Street Center***

The Somerville Council on Aging, in partnership with Roberta Robinson, from Cambridge Health Alliance, will be continuing our Mental Health Awareness series. Every month Roberta discusses new and interesting topics in regards to mental health. **Attendance is limited**

### ***Memory of Lost Ones: Remembering Those We Have Lost***

On ***Tuesday, July 27th at 11:00 am*** we will be holding a program to remember those we have lost. Join us with Nancy Duffy from Beacon Hospice as we honor the lives of loved ones who are no longer with us. We will be meeting at 167 Holland St.



**Attendance is limited, registration begins on July 14th**

### ***Prevention Corner from Somerville Prevention Services***

As Somerville continues to work on reducing youth substance misuse in the community, we want to remind you that it is important for caregivers and adults to role-model healthy behaviors at home. Exposure matters!

For example, 7% of all Somerville Middle School students surveyed in 2019 & 14% of all Somerville High School students surveyed in 2020 reported witnessing an adult using marijuana at home. 13% of all high school students also reported in 2020 they thought there was an adult in their household who drank too much alcohol. Alcohol and marijuana remain two of the most common substances youth observe adults using at home. This exposure could impact youth's understanding of what's considered normal for substance use as they develop.

## *Nutrition with Mary Marshall*

### *Processed Meats*



We hear a lot about consuming fewer processed foods as a key strategy to improve health. The 2020-2025 Dietary Guidelines for Americans encourages choosing unprocessed meats instead of processed meats.

#### *What are Processed Meats?*

The American Institute for Cancer Research/World Cancer Research Fund expert report defines processed meat as meat preserved by smoking, curing, or salting, or by using chemical preservatives. According to the Meat Institute, meat processing started centuries ago. Salting and smoking preserved meats and kept them safe to eat for longer periods of time in the days before people had refrigerators or freezers. While those practices made it possible to preserve meat for later use, today's processed meats aren't a necessity. Yet, they are often part of our daily or weekly food choices.

#### *Why are Processed Meats Unhealthy?*

A number of studies found links between processed meat and various forms of cancer, heart disease, and diabetes. In 2015, the International Agency for Research on Cancer (IARC) classified processed meats as a Group 1 carcinogen for human colorectal cancer which means that there is sufficient scientific evidence that processed meats cause cancer. Nitrates and nitrites added during processing are believed to damage the cells that line the colon and rectum, which can lead to cancer.

But lunch meat is also incredibly convenient and many times we prefer lunch meat over other types of meat. So, if you're searching for a healthier lunch meat option, consider choosing fresh deli meat over prepackaged lunch meat. Deli meat that is sliced fresh off the bone or slab contain natural nitrates and is minimally processed. Also, look for a low-sodium deli meat. Fresh deli meat still has sodium because it's used for preservation, so look for options that say low-sodium to help cut down on the salt. And always choose the leanest cut of deli meat possible such as turkey, chicken breast, lean ham or roast beef. This type of deli meat has the highest nutritional value compared to others.

## *Health and Wellness with Chris Kowaleski*

### *It's Time to Start Moving Again!*



Back in 1966, the Dallas Bed Rest study was conducted. The study took five healthy 20-year-old males and placed them on bed rest for three straight weeks followed by eight weeks of exercise training. After the completion of the first three weeks of bed rest, researchers had discovered a high amount of reduced cardiovascular capacity and a high reduction of muscle loss among the five healthy individuals. Fortunately, after the eight weeks of exercise training, the participants were able to regain the strength they had lost.

Over the past 15 months many of us have reduced the amount we exercise and have increased the amount of time we sit. This combination of reduced exercising and increased sitting is seldom good for our bodies as we age. Some of us might notice that standing up from a chair is more challenging while others may not be able to walk as far as they were able to 15 months ago. Regardless of these changes, and as some of the results from the Dallas Bed Rest study show us, it's never too late to start exercising and to regain some of our strength.

With online exercise and yoga classes continuing, Somerville Cable and YouTube exercise shows playing, outdoor exercise classes starting, and the Friday morning walk group moving, it's a good time to regain some strength, to be a little more social and to start exercising.

For show times, YouTube links or information regarding any of our Health and Wellness programming, **contact Chris at 617-625-6600 ext. 2315 or by email at [ckowaleski@somervillema.gov](mailto:ckowaleski@somervillema.gov)**





## ***Boston Red Sox Virtual Concert***

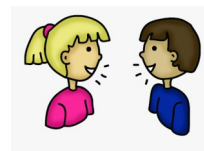
***Friday, July 2, 2021 at 11:00am***

A live stream concert from Fenway Park. Enjoy music and poetry celebrating our nation and our national pastime. Featuring Red Sox Organist Josh Kantor and Poet Laureate Dick Flavin

***Please contact Debby for the Zoom link at  
dhiggins@somervillema.gov or 617-625-6600 ext. 2321.***

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## ***English Conversation***



***Mondays starting July 12th from 10:30 am - 11:30 am***

Join Maureen as we bring back English Conversations every Monday at the ***Ralph & Jenny Center located at 9 New Washington Street.***  
Meet people from all over the world as we discuss a range of topics.  
No books – no test – just friendly conversation.

***Participation is limited, please RSVP to Maureen  
at mbastardi@somervillema.gov or 617-625-6600 ext. 2335.***

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## ***Book Club***

***Friday, July 16th from 10:00 am -11:00 am in person  
at the Holland Street Center***

Do you love books and want to discuss your love of reading with others?  
Consider joining book club. Our next book is *The Hundred Secret Senses* by Amy Tan.

***Participation is limited, please RSVP to Natasha at  
nnaim@somervillema.gov or 617-625-6600 ext. 2317.***







## ***Music and Movement with Steve***

***Wednesday, July 21st from 10:30 am-11:30 am  
in person at the Holland St. Center***

Join Steve as he plays guitar, sings and leads gentle movements. Just tapping your toe or singing along can help move your body in new ways.

***Participation is limited, please RSVP to Debby at  
dhiggins@somervillema.gov or 617-625-6600 ext. 2321.***

## ***Music and Munch***

***Wednesday, July 21st from 12:00 pm-1:00 pm***

Join us online via Zoom or by phone to learn, sing-along, relax and enjoy some music while you munch.

***To RSVP call Debby at 617-625-6600 ext. 2321 or e-mail her  
at dhiggins@somervillema.gov***



## ***Bingo***

Join us for in person Bingo! We will be holding two upcoming bingo sessions. ***As participation is limited, please sign up for one of the sessions listed below.***

***Thursday, July 29th at 10:00 am at the Holland Street Center  
Monday, August 2nd at 10:00 am at the Ralph & Jenny Center***

***Registration will begin on Tuesday, July 13th.***



***To register for one of the dates please call Debby directly  
at 617-625-6600 ext. 2321 or email her  
at dhiggins@somervillema.gov***



The Council on Aging is offering free taxi transportation through a MAPC Grant to all Somerville residents over the age of 60.

**Please contact the COA two days prior to your transportation need.**

Rides can be used for:

Grocery Shopping in Somerville

Farmer's Markets in Somerville

Pharmacy Prescription pick up in Somerville

Routine Medical Appointments in the follow areas:

Somerville, Cambridge, Medford, Everett, Revere, Boston or the V.A. in Jamaica

Plain or West Roxbury

***For more information or to register for a ride please call:  
Connie at 617-625-6600 ext. 2319***

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### ***MEAL PLANNING, SHOPPING and BUDGET WORKSHOP***

***Monday, July 12, 2021 1:00pm– 2:00pm***

***in person at the Ralph & Jenny Center 9 New Washington Street***



**We want to help you:**

Be strategic in choosing meals when you're planning

Drastically cut down on your food waste (aka throw away less!)

Use the ingredients you have to the maximum

Find more resources for loads of budget-saving recipes (and grocery shopping lists!)

Make healthy, complete meals that still taste really good.

Feel confident you can reach your financial goals with these money-saving tools

**Participation is limited, please RSVP to Mary at [headtofitness10@yahoo.com](mailto:headtofitness10@yahoo.com) or at 617-625-6600 ext. 2316.**